E-CIGS
A CAUSE FOR CONCERN IN YOUTH

While traditional cigarettes remain popular among adults, today’s youth tobacco users favor flavored tobacco. Flavored tobacco can be used in mentholated cigarettes, cigars, hookahs, or Electronic Nicotine Delivery Systems (ENDS). Over the last decade ENDS have gained popularity and, in 2017 studies show that ENDS are the most commonly used tobacco product among high school students.

There are more than 460 ENDS products on the market with over 7000 flavors of E-liquids to choose from. ENDS devices are usually powered by a battery, contain an E-liquid (most contain nicotine and some contain THC), and go by many names such as: e-cigs, cigalikes, vaporizers, e-hookahs, tanks, mods and JUULs.

JUUL is the most popular e-cig brand among youth and young adults: 8% of young people ages 15-24 used JUUL in 2017. Teens are 16 times more likely to use JUUL compared to 25 to 34-year-olds. JUULing is popular among teens because most resemble a USB port which makes it easy to conceal, and they are rechargeable. JUULs have a greater nicotine content and the JUUL pods are less expensive when compared to traditional cigarettes. Due to lack of regulations on ENDS devices, JUULs have been available not only at tobacco and vape shops, but gas stations and convenience stores. One JUUL pod contains as much nicotine as a pack of cigarettes and costs about $16/4-pack. Most youth users obtain the product from friends, family, other students, and online.

Nicotine Poisoning
One JUUL pod contains as much nicotine as a pack of cigarettes. This powerful E-liquid can cause nicotine poisoning. Symptoms include: severe stomach pain, vomiting, headache, difficulty breathing, fast heart rate and high blood pressure, dizziness, seizures and death.

Common Myths Vs Facts
Myth: “My vape says it’s nicotine-free. There’s no way I’ll become addicted.” Fact: Some vapes that claim they are nicotine-free are not.
Myth: “It’s just water vapor.” Fact: It’s not. Vaping can expose lungs to harmful chemicals like formaldehyde, diacetyl and acrolein, as well as toxic metal particles like nickel, tin and lead.
Myth: “Just because I vape doesn’t mean I’m going to smoke cigarettes.” Fact: Research shows teens who vape are more likely to try smoking cigarettes.

For More Information: www.cdc.gov
Teen Dating Violence (TDV) is a type of intimate partner violence. It occurs between two people in a close relationship. TDV affects millions of teens in the U.S. each year. Data from CDC’s Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey indicate:

- Nearly 1 in 9 female teens and approximately 1 in 13 male teens report having experienced physical dating violence in the last year.
- Over 1 in 7 female teens and nearly 1 in 19 male teens report having experienced sexual dating violence in the last year.
- 23% of women and 14% of men who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner before age 18.

Dating violence can take place in person or electronically, such as repeated texting or posting sexual pictures of a partner online without consent. Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name-calling, are a "normal" part of a relationship, but these behaviors can become abusive and develop into serious forms of violence. However, many teens do not report unhealthy behaviors because they are afraid to tell family and friends. If you have questions about dating in general or a specific relationship, or if you are in an unhealthy or abusive relationship, help is available.

chat online at loveisrespect.org
text loveis to 22522
or call 1.866.331.947

Information found on: www.cdc.org www.loveisrespect.org

Community Benefits
Syringe Service Programs (SSP's) help in Harm reduction—which is a public health strategy aimed at reducing risks that come with substance use disorder.

⇒ SSP’s are a critical tool in fighting the HIV/AIDS and viral hepatitis epidemic.
⇒ According to the Centers for Disease Control and Prevention, participants in SSP’s are five times more likely to enter drug treatment programs. They’re 3.5 times more likely to stop injecting drugs.
⇒ Intravenous drug users are twice as likely to be unaware of their HIV status as the general public.
⇒ SSP’s do not encourage drug use, and in fact, actively engage those that they serve in mental health and drug treatment programs.
⇒ Investing in syringe service is extremely cost effective, saving hundreds of thousands of dollars in lifetime medical costs for each HIV infection averted.
⇒ Syringe service programs are universally supported by major public health institutions, including the American Medical Association, the Centers for Disease Control and Prevention and the American Academy of Pediatrics.